



TODAY'S TOPIC:
Karma

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What are consequences?

Lesson

Karma

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Karma Image Sheet (see link at bottom) 	<ul style="list-style-type: none"> none 	Touching on the law of attraction, you get back what you give.

READ:

- Thief hit by a bus seconds after robbing a woman.**
In Bogota, Colombia, in May 2013, a man grabbed a woman's phone at a bus stop, wrestling it from her hand. He turned to run away and only got a couple of steps before he was hit by a bus.
- Boy hit by ball.**
At recess, a 5th grade kid took a ball from a girl and chucked it away from her... only to have it bounce off the pole of a basketball hoop and come back to hit him in the face.
- Person does a good deed, finds \$40 in extremely unusual way**
A person goes to 7-11 at 6:30 a.m. On the way out, they see this homeless man. They go back in to 7-11 and buy him two hamburgers They give him the burgers and proceed to a smoothie store. They park the car and open the door, look down and see a fresh \$20 on the white line of the parking spot. They come back out of the smoothie store and find another \$20 in the exact same spot. They checked their pocket, the first \$20 bill was still there.
- A kind choice rewarded**
A man and his son went to Wal-Mart to get a new game for his video game system. They got to the cash register and noticed the woman in front of them was upset. Her credit card didn't work and she needed milk for her baby. The son is fascinated with

babies so he was talking to the woman about her little girl. He put the game down and handed her his money and said, “Your baby needs food more than I need Plants Vs. Zombies.” As they were walking out, a lady approached them and gave the son an envelope to open when they got home. It was a note saying they saw the kind thing he did plus a \$100 bill.

ASK: What do you think these examples have in common? Unexpected consequences for their actions. Some good, some bad. Is there a pattern? If you do unkind things, not great things happen. If you do good and kind things, good and kind things happen. Has this ever happened to us? Do we have our own examples?

EXPLAIN: Some religions like Hinduism and Buddhism have a belief like this called “KARMA”

kar-ma noun: karma –What you put out there comes back to you in unexpected ways. Give only what you don’t mind getting back.

SHARE: This is similar to what we call the Law of Attraction. What you do and what you give comes back to you multiplied in an even bigger way. Example: good thoughts, good words, good feelings. What if you do not great things?

DISCUSS: What are some ways to create good karma?

- TELL THE TRUTH
- PAY ATTENTION TO YOUR THOUGHTS AND FEELINGS
- HELP PEOPLE
- MEDITATE
- PRACTICE COMPASSION AND KINDNESS
- REMEMBER THE BIG PICTURE

KARMA IMAGES:

<https://milehichurch.sharepoint.com/sites/YouthDepartment/Shared%20Documents/Shared%20Youth%20Lessons/Youth%20Lessons%202022/9%20September%202022/Karma/Karma%20Handout%20PDF.pdf>

AFFIRMATION – I put out positive vibes. 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .